

# The Millis Council on Aging COALITION

**JULY/AUGUST 2023 HAPPENINGS!**

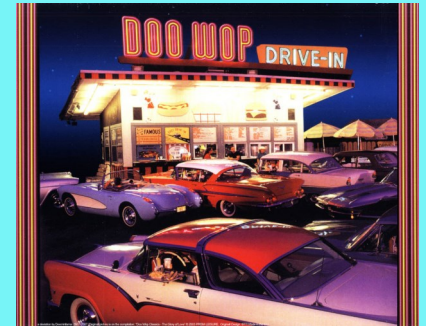
**THE CORVETTE DOO WOP REVUE & LOBSTERBAKE TRIP** Dedicated to preserving and performing the greatest music ever made—the music of the 1950's Doo Wop era. Some of the great hits you will hear include: *Come Go With Me - Little Darlin' - Whole Lotta Shakin' Goin' On - At The Hop - The Twist - Earth Angel - Sea Cruise - Rock Around The Clock - In The Still Of The Night - Runaround Sue - Runaway—Palisades Park - Twistin' The Night Away - Splish Splash - Shake Rattle & Roll* And many more!

Your meal includes a whole boiled 1 1/4 lb. Lobster, Clam Chowder, Fresh Steamed Mussels, Fresh Maine Clams, Corn-on-the-Cob, Potatoes & Onions, Blueberry Cake, Rolls, Butter, & Beverage OR A 1/2 BBQ Chicken is available as a Non Lobster Alternative.

Date: **Monday August 7th from 8:30AM-5PM**

Location: Fosters in York, ME (transportation to and from Millis Council on Aging)

Cost: \$109 per person



**PLAINVILLE CASINO TRIP** Join us on **Thursday July 20th** for a trip to Plainridge Park Casino in Plainville, MA. The bus will leave the Center at **10AM** and return at **2PM**. Space is limited. Call the Center to reserve your spot.  
Cost for transportation: \$5.

**COYLES ANTIQUE ROADSHOW** Our annual Antique Roadshow with Coyles Auction Gallery from Medway will be held on **Tuesday, August 15th at 10AM**. Please bring in your valuables to be appraised. Some things to consider bringing in for appraisal would be toys, dolls, Hummel's, paintings, fine pottery, stoneware, coins, military items, or whatever else you may have lying around the house that you think may be of value. There is a \$3 charge per item for appraisal. All proceeds go to the Friends of Millis Council on Aging and are used to fund activities at the Center. Hope to see you here!



The Millis Council on Aging is committed to maintaining the highest level of independence with older individuals by developing and coordinating community care, reducing isolation, and educating and improving the overall understanding of various community-based services. The Council also provides transportation for the elderly and disabled and an outreach program for those who are in need of information or referrals. We also house the Meals on Wheels Program. The Center is an intake site for the States Fuel Assistance Program and The Millis Fund and acts as a liaison to many state, federal, and local programs.




**900 Main Street Millis, MA 02054 Phone: 508-376-7051**




**Monday-Tuesday-Wednesday 8:30-4 Thursday 8:30-2 Friday 8:30-12:30**

## EXERCISE

**ZUMBA GOLD** Join us for 2 introductory classes of Zumba Gold with our YMCA instructor Chrissie Cochrane in the gym on **Thursday July 13th at 9AM, and Thursday August 17th at 9AM**. Zumba Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant. Cost is \$3 per class.

**STRETCH & FLOW YOGA**   
We practice gentle stretches, flowing movement and breathing exercises. The class is adaptable and really is for everyone! You can use a chair or bring your own mat. The class meets **every Friday at 9:30AM**. The cost is \$3 per class.

**TAI CHI WITH TONY BERG** Focusing primarily on the therapeutic aspects of Tai Chi, while the martial/self-defense and performance aspects will be secondary. We will be practicing Yang style Tai Chi, which is the most popular of the five traditional schools of Tai Chi. Tony will be here **every Tuesday at 9AM**. Cost is \$3 per class.

**MEDFIELD'S KINGSBURY CLUB SENIOR SWIM PROGRAM**  is open to Millis COA members, when just seniors use the pool, **Tuesdays and Fridays from 10-11AM**. The fee is \$5 per visit. COA members will have to present their Millis COA key tag when entering.

**FITNESS ROOM** *Thanks to our Friends group, the annual fee for Millis residents is now only \$50!!!!* An annual fee of \$100 for non-Millis participants. We have 2 treadmills, recumbent bike, upright bike, elliptical machine and a 7-piece hydraulic circuit training station. All that is needed is a completed application, medical release from your doctor, and view an instructional video, all which can be found on the COA website at millisma.gov. This covers our maintenance costs and other related expenses. Please contact us at 508-376-7051.

## ART

**2 BASKET WEAVING BEGINNER CLASSES** An introductory class to basket weaving and structure, designed for the individual who wants to try without feeling overwhelmed. You will learn basic basket structure and tips on handling weaving materials. Each student will complete a small, round basket with glass beads. All supplies provided but bring an old hand towel to work with wet materials. The classes are on **Monday July 10th and Monday August 21st from 12-3PM**. Cost is \$10 for Millis residents and \$25 for non-residents. The class is limited to 10 participants so sign-up today!  
*Thank you to our Friends group for supporting this event.*

**NEEDLE WORKERS GROUP**  
Come meet some new and old friends as you help each other with needleworking projects on **Thursdays July 6th & 20th and August 3rd & 17th from 1-3PM**. Needle pointers, knitters, crocheters, quilters and embroiderers are all welcome. Carol Goldstein will assist with explaining knitting patterns.

## GAMES



**SUPER BINGO EVERY THURSDAY!!!** Held on **Thursdays at 12:15PM** in room 21. The last pot is worth \$25. *Come and try your luck!* Thank you to our Friends Group for supporting this!



**CRIBBAGE** Have you ever thought that you may like to learn how to play cribbage? Come join our Cribbage group **every Monday or Friday from 9:30AM-12PM**. Instructors are available either day. Everyone is welcome! It's a great group of people.

**BOARD GAMES** *EXPANDED TO 2 TIMES PER MONTH!* **Mondays July 17th & 31st and August 14th & 26th, from 1-3PM**. Come on down and enjoy some friendly competition with your neighbors.

## EVENTS



**BYOB- BRING YOUR OWN BOOK GROUP** This 'interest meeting' will share ideas of favorite titles to add to your 'beach book bag'! Join us at the Millis COA on **Wednesday July 12th at 10AM and Tuesday August 1st at 11AM.** Hosted by Patsy Divver.



**MARY KAY EVENT** We are hosting Summer Spritzer on **Wednesday July 19th at 1PM.** Come freshen up your skin.



**DEHYDRATION AND HEAT STROKE TALK** Do you know the signs of dehydration? Are you able to spot the signs of heat stroke? If you would like to learn more about these and how to spot the differences, come join the Millis public health nurse **on Monday July 17th at 10AM** to learn more, and what you can do to prevent it this summer!!

**MEMORIAL SERVICE** We will be memorializing Millis seniors who have passed in the last year on **Wednesday July 19th at 9:30AM.** Please come and pay your respects. We will be reading the names. Refreshments will be served so please let us know if you will be attending so we can plan accordingly.

**REAL ESTATE PLANNING** Attorney Joanne M. DiPietro will discuss estate planning and focus on the establishment of a plan and how it will protect your assets from creditors. Reminders: We do not know what the future holds, so be sure to discuss your wishes with your loved ones and friends. Draft and prepare an estate plan so you can be heard, and your wishes accomplished by your fiduciaries when you are unable to be heard due to death or incapacity. Review and update your estate plan if there has been a change in tax laws, your family structure, financial situation or with the fiduciaries you have appointed to speak for you. Learn and be educated on estate planning and elder law as everyone has different scenarios and situations and your estate plan should be developed to meet your goals and needs. Join us on **Wednesday August 9th at 1PM.** 2023 Elder Law Education Guide will be handed out.

**GREAT MIGRATIONS** Nature documentary television miniseries that aired on the National Geographic Channel, featuring the great migrations of animals around the globe. We will see *Need to Breed*, *Race to Survive*, and *Feast or Famine* on **Wednesdays July 5th & 26th and August 2nd at 11AM.** Hosted by Kristi Christman.

**ANCIENT MYSTERIES OF CHINA** 2-Part television documentary on China on **Wednesdays August 23rd & 30th at 11AM.** Hosted by Kristi Christman.

**AMERICAN SOUTHWEST** The McCoys will host a video and photo presentation on the American Southwest, with videos of Southwest National Parks, the Sonoran Desert, and Sedona (including the surrounding area). They may also include some personal photos of their home in Green Valley, Arizona and other scenic areas of the beautiful state of Arizona. The presentation will be approximately 1 hour long at **11AM on Wednesday July 12th and 19th and August 16th.** Please join us to learn the secrets of the desert!

**A GUIDE TO GAMBLING IN THE GOLDEN YEARS** This interactive, presentation by GameSense delves into why older adults gamble & what they play. We discuss strategies on how to keep your gaming healthy and fun and test your knowledge about gambling myths. We will talk through what gambling for entertainment looks like versus gambling that may not be fun anymore and touch on some of both the positive and negative effects that gambling can have on older adults. Join us for this hands-on presentation, play a free game, and receive some swag on **Wednesday July 26th at 10AM.**

**RESTARTING BIRTHDAY MONTHS**

Please join us on **Tuesday July 25th and August 22nd at 10AM** to celebrate your birthday month with cake and conversation.





## VOLUNTEER OPPORTUNITIES



**LOOKING FOR MEALS ON WHEELS DRIVERS**  
for Tuesdays and Thursdays  
Please call Kathy O'Neil COA Kitchen at 508-376-7056



**LOOKING FOR TEACHERS & LECTURERS**  
Have a skill you would like to teach others? Want to teach bridge or other games? Have a topic you want to discuss?  
*Please call Debbie at 508-376-7051*

**LOOKING FOR SOMEONE TO HELP RECORD EVENTS OR ACTIVITIES WITH YOUR PHONE OR EASY TO USE CAMERA.**



## HEALTH

**BLOOD PRESSURE CHECKS** We have a volunteer registered nurse that will provide a blood pressure check for you every **Thursday from 11-11:30AM** in room 21.

**UPCOMING PODIATRY**

**DATES:**  
8/30 - 11/1



## FOOD SERVICES



**MEALS ON WHEELS** through Hessco Elder Services, delivers meals to homebound seniors Monday-Friday. Kathy O'Neil of COA Kitchen runs the program. Call Hessco at 781-784-4944.

**LOVIN' SPOONFULS** The largest food rescue program in New England. It delivers healthy, fresh and frozen food to the Council on Aging, distributed on **Tuesdays from 10-10:30AM**.

Any leftover food will be distributed on **Thursdays at 11:30AM**.



## TRANSPORTATION

### SENIOR VAN SCHEDULE

Monday-Thursday 8AM-2PM & Friday 8AM-1PM

**Medical Transport:** We have 2 handicapped equipped vans and one standard vehicle that provide transportation for our Millis seniors and disabled.



Shopping: 2nd and 4th Thursdays to Bellingham Market Basket/ Walmart at 8AM. All passengers must manage their own grocery bags in and out of the van.

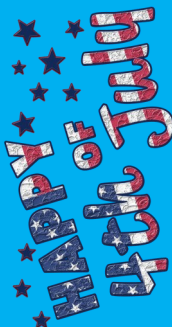
\$2 in town    \$3 Medway/ Bellingham    \$5 Framingham/Norwood  
\$10 Newton/Dedham    \$25 Boston    Fees are waived for Veterans



*Please be aware that we cannot provide repetitive trips, and medical appointments take priority over all trips. We have to be available for all Millis residents.*

**FOR TRANSPORTATION, PLEASE CALL ROCHELLE: 508-376-7051**

The senior van provided rides from Millis Housing to the Millis Food Pantry on the **1st and 3rd Wednesday every month at 10:30AM**. You must call the Senior Center in advance for a ride. Please let us know if you require assistance with bringing your bags into your apartment, we can have someone there to help you.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9-4 Fitness Room 9:30 Cribbage	4 SENIOR CENTER CLOSED 	5 9-4 Fitness Room <b>11 GREAT MIGRATIONS</b>	6 9-2 Fitness Room <b>10-1 SHINE</b> 11-11:30 Blood Pressure 11:15-12 Grab and Go Lunch 12:15 Super Bingo <b>1-3 KNITTING</b>	7 9-12:30 Fitness Room 9:30 Cribbage 9:30 Stretch & Flow Yoga
10 9-4 Fitness Room 9:30 Cribbage <b>12-3 BASKET WEAVING</b>	11 9-4 Fitness Room 9-10 Tai Chi with Tony 9:30-12 Crafty Ladies	12 9-4 Fitness Room <b>10 BRING YOUR OWN BOOK GROUP</b> <b>11 AMERICAN SOUTHWEST</b>	13 8 Market Basket 9-2 Fitness Room <b>9 ZUMBA GOLD</b> <b>9 COA Board Meeting</b> 11-11:30 Blood Pressure 11:15-12 Grab and Go Lunch 12:15 Super Bingo	14 9-12:30 Fitness Room 9:30 Cribbage 9:30 Stretch & Flow Yoga
17 9-4 Fitness Room 9:30 Cribbage <b>10 DEHYDRATION &amp; HEAT STROKE</b> <b>1-3 BOARD GAMES</b>	18 9-4 Fitness Room 9-10 Tai Chi with Tony 9:30-12 Crafty Ladies	19 9-4 Fitness Room <b>9:30 MEMORIAL SERVICE</b> 10 Friends Meeting <b>11 AMERICAN SOUTHWEST</b> <b>1 MARY KAY SPRITZER</b>	20 9-2 Fitness Room <b>10-1 SHINE</b> 11-11:30 Blood Pressure 11:15-12 Grab and Go Lunch 12:15 Super Bingo <b>1-3 KNITTING</b> <b>10-2 PLAINVILLE CASINO TRIP</b>	21 9-12:30 Fitness Room 9:30 Cribbage 9:30 Stretch & Flow Yoga
24 9-4 Fitness Room 9:30 Cribbage	25 9-4 Fitness Room 9-10 Tai Chi with Tony 9:30-12 Crafty Ladies <b>10 JULY BIRTHDAYS</b>	26 9-4 Fitness Room <b>10 GAMBLING GUIDE</b> <b>11 GREAT MIGRATIONS</b>	27 8 Market Basket 9-2 Fitness Room 11-11:30 Blood Pressure 11:15-12 Grab and Go Lunch 12:15 Super Bingo	28 9-12:30 Fitness Room 9:30 Cribbage 9:30 Stretch & Flow Yoga
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>9-4 Fitness Room 9:30 Cribbage <b>DOO WOP REVUE TRIP</b></p>	<p>1 9-4 Fitness Room 9-10 Tai Chi with Tony 9:30-12 Crafty Ladies <b>11 BRING YOUR OWN BOOK GROUP</b></p>	<p>2 9-4 Fitness Room <b>11 GREAT MIGRATIONS</b></p>	<p>3 9-2 Fitness Room <b>10-1 SHINE</b> 11-11:30 Blood Pressure 11:15-12 Grab and Go Lunch 12:15 Super Bingo <b>1-3 KNITTING</b></p>	<p>4 9-12:30 Fitness Room 9:30 Cribbage 9:30 Stretch &amp; Flow Yoga</p>
<p>7 9-4 Fitness Room 9:30 Cribbage <b>DOO WOP REVUE TRIP</b></p>	<p>8 9-4 Fitness Room 9-10 Tai Chi with Tony 9:30-12 Crafty Ladies</p>	<p>9 9-4 Fitness Room <b>1 REAL ESATE PLANNING</b></p>	<p>10 8 Market Basket 9-2 Fitness Room 9 COA Board Meeting 11-11:30 Blood Pressure 11:15-12 Grab and Go Lunch 12:15 Super Bingo</p>	<p>11 9-12:30 Fitness Room 9:30 Cribbage 9:30 Stretch &amp; Flow Yoga</p>
<p>14 9-4 Fitness Room 9:30 Cribbage <b>1-3 BOARD GAMES</b></p>	<p>15 9-4 Fitness Room 9-10 Tai Chi with Tony 9:30-12 Crafty Ladies <b>10 ANTIQUE ROAD SHOW</b></p>	<p>16 9-4 Fitness Room 10 Friends Meeting <b>11 AMERICAN SOUTHWEST</b></p>	<p>17 9-2 Fitness Room 9 <b>ZUMBA GOLD</b> <b>10-1 SHINE</b> 11-11:30 Blood Pressure 11:15-12 Grab and Go Lunch 12:15 Super Bingo <b>1-3 KNITTING</b></p>	<p>18 9-12:30 Fitness Room 9:30 Cribbage 9:30 Stretch &amp; Flow Yoga</p>
<p>21 9-4 Fitness Room 9:30 Cribbage <b>12-3 BASKET WEAVING</b></p>	<p>22 9-4 Fitness Room 9-10 Tai Chi with Tony 9:30-12 Crafty Ladies <b>10 AUGUST BIRTHDAYS</b></p>	<p>23 9-4 Fitness Room <b>11 ANCIENT MYSTERIES</b></p>	<p>24 8 Market Basket 9-2 Fitness Room 11-11:30 Blood Pressure 11:15-12 Grab and Go Lunch 12:15 Super Bingo</p>	<p>25 9-12:30 Fitness Room 9:30 Cribbage 9:30 Stretch &amp; Flow Yoga</p>
<p>28 9-4 Fitness Room 9:30 Cribbage <b>1-3 BOARD GAMES</b></p>	<p>29 9-4 Fitness Room 9-10 Tai Chi with Tony 9:30-12 Crafty Ladies</p>	<p>30 9-4 Fitness Room 9-11 Podiatry <b>11 ANCIENT MYSTERIES</b></p>	<p>31 9-2 Fitness Room 11-11:30 Blood Pressure 11:15-12 Grab and Go Lunch 12:15 Super Bingo 31</p>	

## ***INTERIM DIRECTOR & OUTREACH WORKER ~ Debbie Sand***

**Monday~Tuesday~Wednesday 8:30AM-4PM Thursday 8:30AM-2PM Friday 8:30-12:30**

The Friends of the Millis Council on Aging's purpose is to support the Millis Council on Aging and the Millis community. The Friends provides funding for activities and programs at the Millis Council on Aging, such as supplementing the costs for exercise classes and luncheons as well as newsletter costs. The Friends also provide emergency funding for utilities, food, etc. when requested by any Millis resident in need. The emergency applications are located in the Outreach office at the Millis Council on Aging and I can help you fill them out; just bring the bills you need assistance with.

**MILLIS MEMORY CAFE** The Millis Public Library hosts a Memory Café, a welcoming place for individuals and families living with memory changes. Each Café event will feature a guest artist or performer, time for conversation, coffee, and refreshments. On **Monday July 24th and August 28th from 10:30AM-12 Noon.**

The Jewelry sale was a huge success and raised \$620.60 for the Council on Aging. Many thanks to Candy Carlson, Barbara Chotkowski, Ruth Doliner, Charlene Howley, Carol Keene, Barbara Koman, Jodie Knehr, Elves Orciani, Sue Pogodzinski, Tibel Rubin, Nancy Ryan, Camille Saitta, Mary Skilling, and Meredith St. Sauveur.



Many thanks to **Thimble Pleasures Quilt Guild** for donating 60 beautiful hand-quilted placemats to the Millis Meals on Wheels program. Thimble Pleasures Quilt Guild promotes interest in all aspects of quilt making, to encourage members to develop skills and display their work, to educate the community in the art of quilt making and to share their gifts with people in need. Thank you again.

***Many thanks to those who support our activities through dues and donations. You're the best!!!***

**Dues were received from: Dorothy Schulz~ Sharon Wanders~ Daniel & Agnes Lee~ Carmella Whooten**

**Dues with extra donations were received from: Douglas & Marilyn Furbush~ Alan & Betty Works~ Judith Carlson~ Bonney Lenehan~ Carole Greco~ Alfred & Phoebe Odoardi~ Malcolm & Deborah Gibson~ Roger DiCenzo~ Vickie & Alan Mancini~ Paul & Ann Prohodski~ Lynn Goldberg~ Michael & Sheila Caulfield~ Mary Alexander~ Ralph & Maureen Whelihan~ Edward & Jeanne Cronin~ Sheila & Wayne Lawes~ Daniel Colella~ Charles & Cheryl Cushman~ Charlene Howley~ Bob & Carol Yeager~ Larry Burstyn~ Bernard & Alexandria Price**

**Donation in memory of Robert W. Anderson was received from: Vickie & Alan Mancini**

**Donation in memory of Sonia Goldsmith was received from: Lynn Goldberg**

**Donation in memory of Ashlyn Dunne and Roger Whooten was received from: Carmella Whooten**

**Donation in memory of Judy Colella was received from: Daniel Colella**

**Donation in memory of Pamela Burstyn was received from: Larry Burstyn**

**Donation for transportation van fund was received from: Carmella Whooten**



***Thank you to those of you who support us with contributions and donations. If you have anything to donate to "Candy's Corner" please drop your items off. We appreciate jewelry, knick-knacks, purses, small kitchen gadgets, and holiday decorations***

**Thank you to Christine Kingsbury, Doreen Hayes, Sandy Miller, Barbara Butler, Helen Humphrey, Mary Ann Sheridan, Lynn Goldberg, and Janice Pannini for the Candy's Corner items.**



***In Memory of:  
David R. McCarter~ Leesa Themistocles (Fleishman)~  
Neil Simoni~Pamela Burstyn***



**Why should I donate to the Friends of the COA?**

- ◆ The objective of The Friends of Millis' COA, Inc. is to help raise funds for the Senior Center by purchasing and donating to the Millis COA any items above and beyond what the town or the Commonwealth provides.
- ◆ All money raised is used for senior programs and activities to perpetuate the well-being of our senior citizens and to help enrich their community interest.
- ◆ Some familiar programs that are supported by the Friends are exercise classes, vehicles and other transportation needs, holiday meals, the annual volunteer luncheon, and many more!
- ◆ It's only \$6.00/year! This money goes a long way in supporting our Senior Community.



DUES \$6 INDIVIDUAL PER YEAR

Please make payable to the Friends of Millis COA, 900 Main Street, Millis

Names of contributors will be listed in the newsletter each month. Any interested adult can be a member of The Friends. \*All donations are tax deductible.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

**Your Tax Deductible Donation to the Senior Center**

**Fits All Occasions**



Your Name: \_\_\_\_\_

Address: \_\_\_\_\_

Donation Amount: \$ \_\_\_\_\_

**Select One:** In Memory Of: In Honor Of: In Celebration Of:

**Please visit our Face Book page at <https://www.facebook.com/milliscouncilonaging>**

**The Millis Council on Aging**

**Staff (508) 376-7051**

Interim Director & Outreach: *Debbie Sand*  
*dsand@millisma.gov*  
 Transportation: *Rochelle Bunt*  
 Department Assistant: *Andrew Lizardi*  
 Drivers: *Robert Daly*    *Herbert Lannon Jr.*  
*Richard Posklensky*    *Jack McBrien*

Millis Council on Aging  
900 Main Street  
Millis, MA. 02054

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**Council on Aging Board Members**

Chairperson: *Open*  
 Vice Chair: *Meredith St. Sauveur*  
 Secretary: *Elizabeth Derwin*  
 HESSCO Representative: *Elizabeth Derwin*  
 Member: *William Brown*  
 Member: *Helen Daly*  
 Member: *Herbert Lannon Jr.*



**Friends of Millis' Council on Aging**

President: *Steve Howie*  
 Vice President: *Open*  
 Secretary: *Kristi Christman*  
 Treasurer: *Brooks Corl*  
 Members: *Lenny Forman, Ruth Doliner & Wayne Carlson*

This newsletter is brought to you by a grant from Executive Office of Elder Affairs and The Friends of Millis Council on Aging